

9+1

INSIGHTS
FOR LIVING
FROM YOUR
LIFE AND
LEADERSHIP
LEGACY

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This eBook is about YOU, for YOU and eventually realized by YOU.

The word 'YOU' is an awesome word in the English language!

It refers to you as a singular person and/or you as a group of people.

Therefore ...

In reading this Book it's about YOU – the framer, the learner, the decision maker, the action taker and the person realizing the results of living your great life. However, where might others support you as you support them? Explore the possibilities of “you” in its plural integration.

That written ...

Always and in all ways ...

The actions you take include:

Oppose

Bystand

Follow

Move

Whatever actions YOU take after reading this book will indicate those ideas YOU determine to be most important to YOU.

Therefore, choose your ideas wisely ... act in service with others ... critically reflect in and on the actions YOU take ... document your learning ... and celebrate.

Here is a reference to the sequence of four words mentioned above:

“Oppose, By-stand, Follow and Move”

Kantor, David @ <http://www.kantorinstitute.com>

Book: <http://www.amazon.ca/Reading-Room-Dynamics-Coaches-Leaders/dp/047090343>

9+1 Insights for Living From Your Life and Leadership Legacy

This Book guides you in living from your life and leadership **legacy**.

Legacy is the useful “whats” you gift others so they can learn something from your lived experience.

Those “whats” express the “time, effort and money contributions” you’ve made by taking action, staying active, remaining healthy and giving back.

The 4 Branches of Legacy

Your expression of legacy is found in the combination of The 4 Branches of Legacy

Life Legacy – about living your great life in ways that demonstrate being YOU for the world

Leadership Legacy – about managing and leading others in full expression of their lives especially grandparents with grandchildren

Legal Legacy – about maintaining the lawful and financial requirements of your life and business

Literacy Legacy – about the areas of life, through which you put yourself on the spot to share your purpose, power and process

The “living from” terminology in the title of this eBook highlights the intentional aspect of legacy. That is, legacy expresses your Imagined Future. From your imagination you manifest a way of life and leadership you intend to create and sustain. Thereafter, you action your learning and decision-making each day to materialize your intentions. In other words, you are living from your life and leadership legacy today from tomorrow.

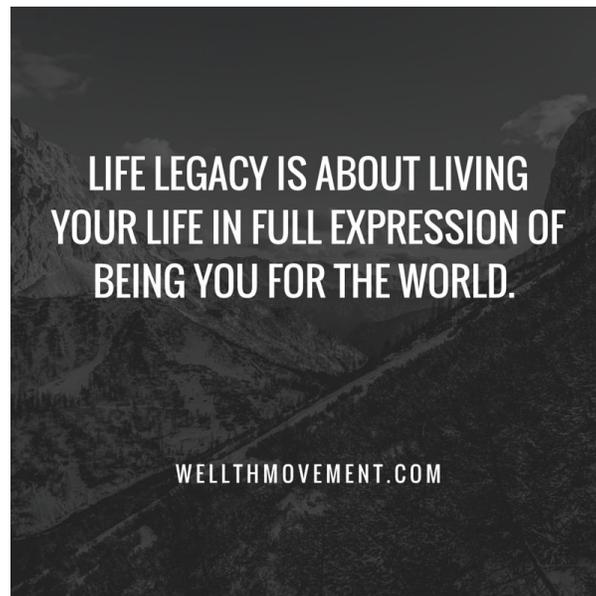
Moving Forward

To guide you through this Book consider the following actions to leverage your learning and decision-making:

- 1) read the accompanying text,
- 2) write your answers to the questions asked,
- 3) summarize your learning from your answers,
- 4) connect your learning from 1, 2 and 3
- 5) decide on the actions to take,
- 6) take the prioritized actions, and
- 7) fulfill the outcomes you want, need, desire, and/or love to have.

Legacy is for giving. Legacy is in your to share!

So let's get started.



Take five minutes to answer these five questions:

What does the term legacy mean to you?

What do the terms life legacy and leadership legacy mean to you?

Where and when do you start living your great life?

Where and when do you start living from your life legacy?

Where and when do you start living from your leadership legacy?

That's your five minutes ...

Personal Reflection

What I've heard after listening to the answers to these questions:

"When I get that work promotion in six months, I can really start living,"

"Once I finish my studies next year, I will get on with living,"

"When the kids leave in two years, we can travel."

"When I sign my next big client I'll think about legacy."

"When the grandkids are teenagers I'll get more involved."

"When we save up enough money things will be different!"

When I reflect on these types of responses, I understand how others value and use their resources of time and space (place). The responses above suggest people playing the waiting game.

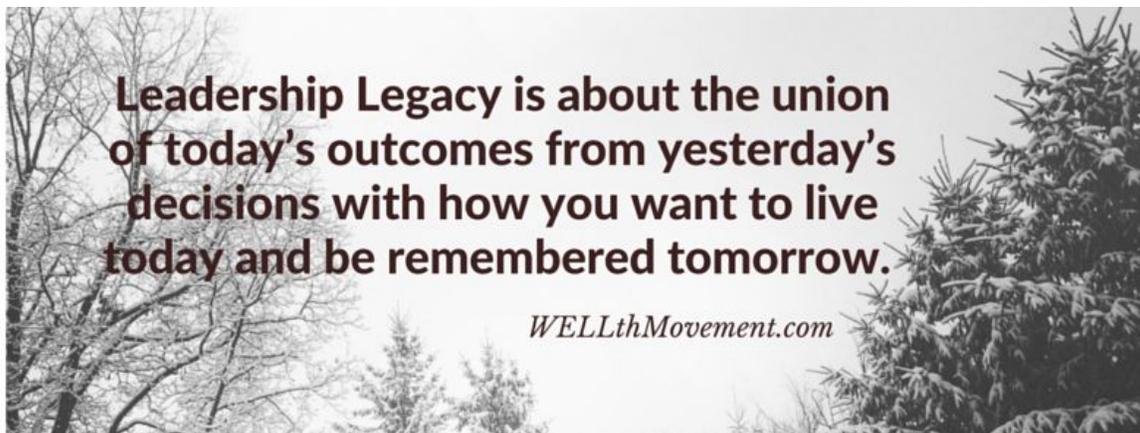
"If I wait a little longer, I will get there."

"If we wait a little longer, we will have the time."

It has been my experience that this 'wait and see' attitude most often moves people from standing on the front porch step imagining their contribution to the world to sitting in rocking chairs on the front porch seeing the world in front of them.

Bottom line ... People get in their way rather than get on their way.

How about you?



9+1 Insights for Living from Life and Leadership Legacy (Decisions)

In whatever way you are being for the world elder, executive, entrepreneur and employee, it's important to remain vigilant to living your great life, nay - your extraordinary life. Because it is you who makes the decisions, reaps the benefits, and circles back and to do it again.

The ten insights that follow are a synthesis of concepts and practices drawn from the years of offering workshops and seminars, and awesome conversations around the campfire and sitting beside a stranger on airplanes.

9+1 Insights for Living from Life and Leadership Legacy

- 1) Seek 'something' greater than you
- 2) Know yourself in challenge and celebration
- 3) Be you for the world
- 4) Test your thoughts through shared ideas
- 5) Appreciate your emotions
- 6) Understand your truth, worth, and service
- 7) Share your hierarchy of values
- 8) Commit to being well
- 9) Deal with fear and guilt wisely
- +1) Light YOUR path of shared learning

Also, I add personal touches to the insights with grey shading.

1) Seek 'something' greater than you!

I started my life knowing that there was something greater than myself.

There were my parents and teachers.

As I moved through my teenage years into adulthood, I started to think I was something greater and proceeded to let the world know. Yikes!

And then, in my late thirties when working overseas, I realized there was something greater than me. There were global and local (glocal) causes that needed my attention. It's sobering to look down the barrel of a machine gun to gain this glocal perspective.

There were collective and personal ideas I still needed to learn.

I woke up to the fact that in seeking something greater than myself, I actually began living from my life and leadership legacy.

Today, my contributions to the world unfold through <http://www.wellthmovement.com> - join us! Become a WELLther!

In what ways can you express something greater than you?

2) Know yourself in challenge and celebration

Everyday you engage in experiences. Some experiences are challenges. Others are appreciations.

Your experiences test your willpower and encourage you to see yourself through your thoughts and feelings.

Also, your interactions highlight additional insights from shared experiences. Take the time to strengthen your reflection-in-action and reflection-on-action.

Reflection-in-action is about managing.

Reflection-on-action is about leading.

You need both to live from your life and leadership legacy.

Your challenges and celebrations are ways for you to know yourself and how best to live your extraordinary life.

Without learning through challenges about yourself and others would you life become your intended life.

Without celebrating what you know and do, takes away from your achievements.

Your celebration reminds you of where you have been and where you are going – in ways that prepare you for the next challenge.

Within 24 hours of reading this insight, what are you going to celebrate and how?

3) Be you for the world

DeWitt Jones, an ex-photographer with National Geographic magazine shot the video *Celebrate What is Right with the World*. In it ,he shares the difference between 'being the best in the world' and 'being the best for the world.' (See Resource section at the end of the book.)

This difference is about being in competition with the world and being in collaboration with the world. In competition, you exhibit high assertiveness and low cooperation. With collaboration, you exhibit high assertiveness and high cooperation.

Living from your life and leadership legacy is about sharing your journey in a collaborative way. And yet being ever aware of when you might need to use competitive thinking, strengthens all of your decision-making.

Being for the world, you gain insights about philanthropy, volunteerism, contributions, service, and more.

How have you been for the world this week?

4) Test thoughts through shared ideas

Your thoughts and feelings belong to you. Like imagination and behavior, they are uniquely yours. Through your expression of thoughts as ideas, others learn who you are. Equally, you determine if your ideas make sense and fit into living your great life with them. And vice versa.

Words matter. And there are no absolute words. Yet words are what we use to communicate. Be attentive to your words.

Your ideas can be misguided or supportive depending on what you hear or read, and thinking framework you use. Therefore, are your ideas myth or metric? Myth is borne of unquestioned word-of-mouth consumption and your unchecked sharing of what you assume is truth. It leads to “satisfaction.”

Whereas, metric is your critical measure of the truth, worth and/or utility of your idea in practice against relevant criteria like rules, laws, regulations, standards, etc. It leads to “satisfaction”.

It is imperative that you critically reflect on your thoughts through your internal moral filter and external ethical filter. Remember, your words, ideas and behavior influence others.

Which prompts, who is influencing you?

Did you test your thoughts today?

5) Appreciate your emotions

Emotions add much to your quality of life. They bring sadness and joy, anger and happiness to your living. They can be elusive or bold. They can support you or hijack you. You decide!

Emotion or 'energy in motion' is experienced for some as a master/slave relationship that creates turmoil. While for others, emotions are soulful guides framing the decisions about living from your life and leadership legacy.

I welcome smiles, tears, shouts of yikes, and purrs of contact. These expressions of energy have me moving from somewhere. Is it where I love to go?

Welcome emotional experiences. And yet, know the difference between being described as an 'angry person' and a 'person who experiences anger sometimes.' Do you?

Emotions are lived through a dynamic balance of organization and movement, learning and action, managing and leading. They are neither extreme pendulum swings nor weigh scales of no movement.

Emotions are within you. They are felt and expressed! They are thought and observed! They are beautiful indicators of your life and leadership legacy lived with vibrancy and resilience.

How are you living with your emotions each day?

6) Understand your truth, worth, and service

Truth, worth, and service are three essential elements in living from your life and leadership legacy.

In understanding truth, you seek to discover the genuineness of your life. You look for what has meaning for you and others with whom you live your life. Once you find that meaning, you continually review it to prove its accuracy. And when you find inaccuracies you deal with them swiftly to correct their influence on your legacy.

With worth, you seek to determine what is significant for you and others with whom you live your life. This significance is under constant review as you discover ways to improve what you know and do. Going beyond satisfaction, you seek to understand the importance you place on people you know and the things present in your life. To do anything less weakens your relationships and deadens the belongings that surround you.

The way you can be most present with others is to find ways to be for service. To do so means you focus and strengthen your confidence and connections especially with yourself. Also with your family and friends.

For service means finding ways to help others live their great lives. In turn, you live yours. And when everyone who surrounds you thinks and relates in similar ways, then you experience the complementarity of living from your legacy.

One of the more important first steps in fulfilling your legacy story is to understand and identify how truth, worth, and service are present in you and your living. And, how and with whom you bring them to life every day. Then, spend time discovering how others you encourage contribute their truth, worth, and service on a daily basis.

What is your truth? What is your worth? What is your service?

7) Share your hierarchy of values

You have a list of values that you believe are important. They guide your decisions and how you live from your life and leadership legacy. This list is hierarchical. Those values on the top receive more of your attention and intention, and your resources of time, effort and money.

In my life writing, learning, publishing, travelling with mentoring and facilitating are important to me. In addition, guiding entrepreneurs to fully express their eco-life legacy gets me up in the morning. What gets you up and moving forward?

Have you taken time to write out your hierarchy of values list? If the answer is no, take 15 minutes? Then ask yourself, “What are the top five to seven values that guide my life?”

And if you are stuck in identifying your list, then ask yourself:

How do I use my space? How do I spend my time? How do I use my energy? How do I spend my money? What do I say to others? What do I say to myself? What do I react to?

Answers to these questions will shed light on your values.

And according to John Demartini (author of *The Breakthrough Experience*) these same questions can be asked of others with whom you have a personal connection to discover their hierarchy of values. Once you think you know their list, make sure you confirm your insights with them. (See Resource section at the end of the book for access to Dr. Demartini’s Assessment of Values instrument.)

Who benefits from you identifying your hierarchy of values?

8) Commit to being well

Being well is a self-referenced concept. Just as there are different kinds of people in this world, there are different interpretations of being well.

A common denominator is finding a balance among mental, financial, vocational, physical, social, familial, spiritual, philanthropic, ecological and wholistic practices combined with inspired standards. While these practices ebb and flow in relation to one another, remain vigilant to their combination in being for the world.

Your commitment is to discover the mix of practices that work best for you. Once found, live your combination for the time and space they make sense. As you gain experience, these practices shift.

Also commit to adjusting your practices to leverage your well-being (for self) and well-living (with others) learning, decisions and actions. To do so keeps you alert and alive. Also, if you spend too much time in one mix at the expense of another, you can miss out on wonderful and *'wanderful'* experiences.

Your expression of being well requires commitment just as commitment is an expression of being well.

This week, what commitments will you fulfill in contribution to being well?

9) Deal with fear and guilt wisely

Fear is something that you feel from the future, that you expect will cause you more pain than pleasure. Guilt is something that you did in the past, which you perceive has caused you more pain than pleasure.

With these definitions in front of you, is it fear and/or guilt guiding your life?

My answer is neither. If you choose one or both, I suggest you seek to 'really' identify the fear(s) and guilt(s) that you feel and perceive in your life. And thereafter, act in ways to deal with them sooner rather than later.

Acknowledging them - at minimum - is the smallest step that covers the greatest distance.

These fear(s) and guilt(s) are called limiting beliefs that keep you stuck. In living from your life and leadership legacy it's advisable to banish these beliefs. (See Resource section at the end of the book for a suggested practitioner to guide you in banishing your limiting beliefs.)

In what ways does your fear or guilt serve you today?
In other words, in having your fear or guilt – how does it benefit you?
Make a list of these perceived benefits.
What are other ways to receive the same benefits from an appreciative perspective rather than a fear/guilt perspective?
Take these new actions instead.
What will happen for you?

+1 Light YOUR path of shared learning

Light is an important word in your life for these four reasons.

First, light refers to making the invisible visible. About bringing something from darkness into lightness. The simple task of flicking a light switch or lighting a candle brings light into a room. The task of learning is like shedding light on what you do not know. That is, light to illuminate.

Second, light refers to helping yourself or others to lighten the load, to get rid of something of non-value and/or share the burden carried by one with the many. That is, light to reduce burden.

Next, light refers to an old English form of the word - to light from the stairs, to come down to the earth. You light from the horse. That is, light to ground.

Finally, light refers to having fun, enjoying what is about you. That is, light to benefit from smiles, laughter, humor, play, etc.

These four explanations of light are in each of you as you live from your life and leadership legacy. Knowing about them and looking for them in your everyday is a gift you share with others. The world needs more light. Share yours radiantly.

And when you say thank you for the light shared with you, you are recognizing the importance of others' influence in your life. In magnificent and significant ways, you are *loveraging* the light for both of you!

Who needs your light? Whose light will you request?

In Closing

Once again, the 9+1 insights for living from your life and leadership legacy are:

- 1) Seek 'something' greater than you
- 2) Know yourself in challenge and celebration
- 3) Be your best for the world
- 4) Test your thoughts through shared ideas
- 5) Appreciate your emotions
- 6) Understand your truth, worth, and service
- 7) Share your hierarchy of values
- 8) Commit to being well
- 9) Deal with fear and guilt wisely
- +1) Light YOUR path of shared learning

Commit to these actions and you will be sure to live from your life and leadership legacy.

Remember: "Legacy is for giving. It's in you to share!"

Make it a wellthy day,

Stephen Hobbs

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Suggested Resources

DeWitt Jones video on *Celebrate What's Right with the World* is available through www.starthrower.com = aWELLsome!

Dr. John Demartini's **Assessment of Values** link is <https://drdemartini.com/values-determination/>

Practitioner: Richard Schultz is an awesome practitioner for banishing **limiting beliefs** and learning to become unstuck. He's available through <http://www.wisdomways.net>

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Access eBooks: <http://wellthmovement.com/ebooks/>

Read the Blog: <http://wellthmovement.com/wellth-blog/>

Request a 29-minute Legacy Conversation to explore and discover your Legacy Story via Facilitative Mentoring and/or Instructive Coaching, here is the booking calendar link:

<https://calendly.com/wellthmovement/29-minute-map-conversation>

Check back regularly as new products, services and experiences will be loaded each month.

<https://www.wellthmovement.com>

About the Author



Stephen Hobbs is an experience-based educator (i.e., mentor, coach, facilitator, instructor).

His lived experience is borne of international travel, 30+ years of practical business mistakes and successes, writing and speaking, and listening to his mentors and coaches.

His work focus: Invite entrepreneurs to work well together with all stakeholders ... with awareness of business pivots - life pivots.

A **business pivot** is a conscious, organizational re:alignment all stakeholders communicate through the commitments they make and keep.

A **life pivot** is a conscious, personal re:creation you communicate through the commitments you make and keep.

Making business pivots involves making life pivots. They are complementary. To have one is to have the other. While the business to life pivot is the usual path, the life to business pivot is growing in importance. We are present for both.